

# FEBRUARY 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<b>1.</b> <input type="checkbox"/> 10 Min Fat Burning Cardio Workout <input type="checkbox"/> Butt Lifting & Thigh Sculpting Workout <input type="checkbox"/> 12 Min to Toned Total Body Workout <b>FIRST DAY OF BLACK HISTORY MONTH</b>	<b>2.</b> <input type="checkbox"/> 10 Min Cardio Pilates Workout <input type="checkbox"/> 12 Min Upper Body Workout with Weights <input type="checkbox"/> 15 Min Arm Burnout <b>GROUNDHOG DAY</b>	<b>3.</b> <input type="checkbox"/> 10 Min Anti-Bloating Cardio <input type="checkbox"/> 12 Min to Toned Thighs Workout <input type="checkbox"/> 20 Min Quick THIGH & LEG workout
<b>4.</b> <input type="checkbox"/> STRETCH & FLEXIBILITY FOCUS <input type="checkbox"/> The BEST Stretches for Chilling Out	<b>5.</b> <input type="checkbox"/> Sleek Body Sculptor <input type="checkbox"/> Total Ab Workout	<b>6.</b> <input type="checkbox"/> 15 Min Ab Fit Test <input type="checkbox"/> 21 Min Cardio Abs Workout	<b>7.</b> <input type="checkbox"/> Bombshell Bootification <input type="checkbox"/> 10 Min Booty Burn Workout with Bands	<b>8.</b> <input type="checkbox"/> Quick Cardio Warm Up <input type="checkbox"/> Lean, Long & Lifted From Head to Toe	<b>9.</b> <input type="checkbox"/> 20 Min Lean Arms Cardio Pilates Workout <input type="checkbox"/> 15 Min Weightless Arms Workout	<b>10.</b> <input type="checkbox"/> 10 Min Fat Burning Cardio <input type="checkbox"/> 20 Min Inner Thigh Isolate Workout <input type="checkbox"/> Best Thigh Exercises for Toned Legs
<b>11.</b> <input type="checkbox"/> 21 Min Flexibility Fix	<b>12.</b> <input type="checkbox"/> 30 Min Head To Toe Tone <input type="checkbox"/> Lower Belly Flattener	<b>13.</b> <input type="checkbox"/> 21 Min Ab Tone Workout <input type="checkbox"/> 20 Min Waist Shaping Workout	<b>14.</b> <input type="checkbox"/> 21 Min Total Booty Tone Workout <input type="checkbox"/> 20 Min Round Booty Workout <b>VALENTINE'S DAY</b>	<b>15.</b> <input type="checkbox"/> Fat-Burning Cardio Sculpt <input type="checkbox"/> 21 Min All in One Tone Workout <input type="checkbox"/> Ultimate Fat Burn Workout	<b>16.</b> <input type="checkbox"/> 10 Min Full Body Warm Up <input type="checkbox"/> 21 Min Total Arm Tone Workout <input type="checkbox"/> 7 Min to Fabulous Arms	<b>17.</b> <input type="checkbox"/> 12 Min to Burn Fat <input type="checkbox"/> Peach Booty & Thigh Shaper
<b>18.</b> <input type="checkbox"/> Ultimate Daily Stretching Routine for Flexibility and Relaxation <input type="checkbox"/> Stretch Combo to Relieve Low Back Pain	<b>19.</b> <input type="checkbox"/> Lean Body Meltdown <input type="checkbox"/> 10 Min Beautiful Ab Sculpt Pilates Workout <b>PRESIDENT'S DAY</b>	<b>20.</b> <input type="checkbox"/> 12 Min Standing Ab Workout <input type="checkbox"/> Core Chiseler <input type="checkbox"/> 10 Min Waist Whittler	<b>21.</b> <input type="checkbox"/> 30 Min Extreme Butt Shaping Workout <input type="checkbox"/> 10 Min Side Booty Shaper	<b>22.</b> <input type="checkbox"/> 14 Min Total Body Pilates Class <input type="checkbox"/> 15 Min Full Body Pilates <input type="checkbox"/> 15 Min Full Body Workout with Bands	<b>23.</b> <input type="checkbox"/> Silent Death Cardio <input type="checkbox"/> The ULTIMATE Weightless Arm Sculpt <input type="checkbox"/> 12 Min to Toned Arms Workout	<b>24.</b> <input type="checkbox"/> 20 Min Leg Slimming Cardio Pilates Workout <input type="checkbox"/> 10 Min Beautiful Thigh Sculpt Pilates Workout <input type="checkbox"/> Fat Burning Ladder for Toned Thighs and Sculpted Abs
<b>25.</b> <input type="checkbox"/> Relaxing stretches for better sleep & flexibility <input type="checkbox"/> 15 Min Deep Stretch for Splits	<b>26.</b> <input type="checkbox"/> Fat Burn Machine <input type="checkbox"/> Crazy Abs, Butt & Legs Workout	<b>27.</b> <input type="checkbox"/> 20 Min Abdominal Isolate Workout <input type="checkbox"/> 20 Min Waist Whittler Cardio Pilates Workout	<b>28.</b> <input type="checkbox"/> Lift Your Booty Workout <input type="checkbox"/> 8 Min Bikini Butt Workout <input type="checkbox"/> 20 Min Booty Lift Cardio Pilates Workout	<b>29.</b> <input type="checkbox"/> 21 Min Cardio Burn N' Tone Workout <input type="checkbox"/> Fat Burning Cardio + Core <input type="checkbox"/> The ULTIMATE Hot Body Workout		